DOCUMENT RESUME

ED 061 505 AC 012 523

TITLE	A New Vision--4-H Work with Disadvantaged Youth.
INSTITUTION	Department of Agriculture, Washington, D.C.; Purdue Univ., Lafayette, Ind. Cooperative Extension Service.
PUB DATE	Nov 70
NOTE	20p.
EDRS PRICE	MF-$0.65 HC-$3.29
DESCRIPTORS	Community Involvement; County Programs; *Disadvantaged Youth; *Extension Agents; Health Education; *Nutrition Instruction; State Programs; *University Extension; *Youth Programs
IDENTIFIERS	*Indiana

ABSTRACT

Extension low income programs in Indiana, part of the nation-wide Expanded Food and Nutrition Program, are described. The programs were carried out in 11 areas of the State. The types of programs varied from community, ranging from day camps, camping, arts and crafts, hikes, gardening, and health and nutrition projects. Youngsters from 5 to 15 years of age participated in the programs. Community involvement was widespread. More than 12,500 boys and girls in 51 counties were involved in the educational activities, which were conducted by Youth and Family Living Area Extension Agents. (DB)

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A NEW VISION-
4-h work with disadvantaged youth

Cooperative Extension Service
PURDUE UNIVERSITY
Lafayette, Indiana

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Office of the Director • Agricultural Administration Building • (317) 749-2413

November 1970

To: Members of the Ad Hoc Project 34 Committee

A hearty thanks to each of you on the committee for your help in developing the report on a selected sample of 4-H and Youth activities in the Expanded Food and Nutrition program. These examples of the different pilot and experimental 4-H and Youth activities are stimulating and the exchange of ideas should help us as we extend practical learning experiences in Food and Nutrition to low-income families and youth groups more broadly across the state. This past summer Area Extension agents-Youth and Family Living and the Program Assistants conducted food and nutrition educational activities with more than 12,500 boy and girls in 51 of the 92 counties.

Your ad hoc committee has made important contributions as we have worked to make Food and Nutrition an integral part of the total Cooperative Extension program. Your ingenuity and guidance have not only helped in the development of policies in implementing the expanded Food and Nutrition, but they have also provided guidance and encouragement for the Home Economists, Youth Agents and Program Assistants working in Project 34.

Sincerely,

H. G. Diesslin
Director

Project 34 ad hoc committee

Dr. Anita Dickson, Chairman

Marcile Allen
*Bill Caldwell
Sunnye Carroll
*Phil Connelly
*Joseph Finnell
*Robert Frist
Marjorie Klinck
A. D. Luers
Jan Masteryanni
*Sheila Peacock
*Margaret Pettet
*Mary L. Thomas
*Rex Warner

*4-H Sub Committee

INTRODUCTION

Realizing that special children require special programs, Indiana 4-H has gone to work to develop relevant programs for disadvantaged youth. This report describes Extension low income programs in Indiana, innovations which are part of the nation-wide Expanded Food and Nutrition Program. However, we want to do more than to point out new styles in programming; we want to share ideas to make future programs even better.

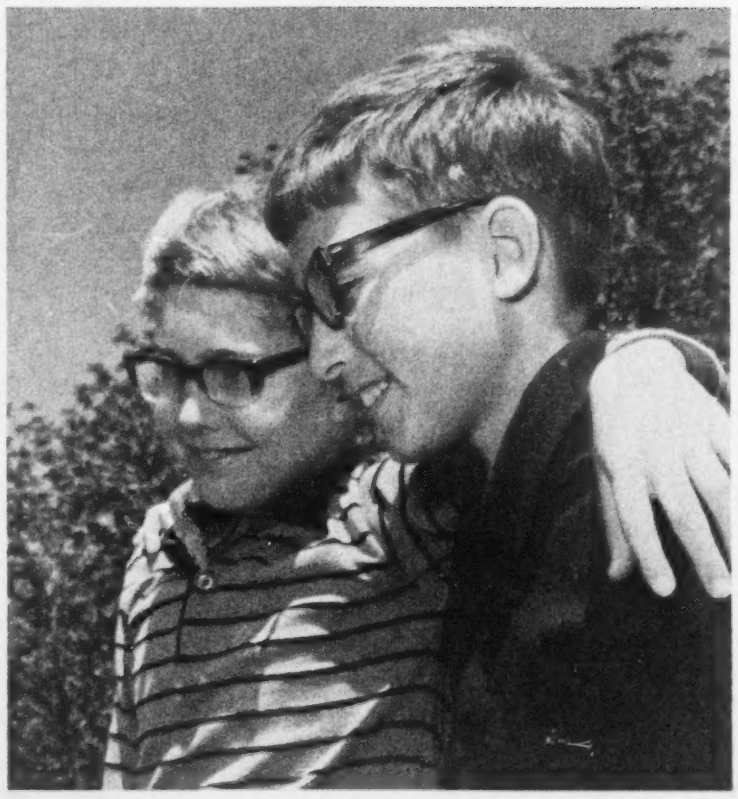
Since its beginning in January 1969, the Expanded Food and Nutrition Education Program, sometimes called Project 34 in Indiana, has reached more than 5,800 Indiana families. Their teachers, themselves members of the low income communities they serve, are trained by Extension home economists and youth workers. These program assistants—132 of them in Indiana—seek to improve the dietary levels of low income families.

Indiana youth may be reached when the program assistants work with homemakers. But more often youth are reached in groups under the direction of Indiana 4-H. This report deals with Indiana's attempts to involve low income youth in 4-H like programs.

The Subcommittee and Ad Hoc Committee acknowledge that this report does not describe all of the low income nutrition programs in Indiana. To do so would be impossible in the span of one report. The programs described herein were selected because 1) they represent different areas, both urban and rural, and 2) they exemplify a variety of approaches.

Youth and Family Living Area Extension Agents are to be commended for their efforts in conducting these pilot programs in low income areas. Agents planned their programs to tailor-fit their communities. In some communities, nutrition programs fit into flexible 4-H programs. In others, the nutrition programs were created from the beginning. In all cases, agents found that their programs aroused enthusiasm and awakened people to the needs of often-overlooked children.

Although the programs described in these pages are of the experimental variety, it is our belief that they enriched the lives of 12,500 children—and future 4-H programs as well.



SUMMARY

Some will remember the summer of 1970 as the corn blight summer. Others will think of their vacation trips when they think of Summer, 1970. But 12,500 disadvantaged Indiana youth will remember making biscuits, hoeing a garden, learning about the basic 4 food groups—all part of the fun-while-doing approach of the Expanded Food and Nutrition Program.

The types of programs varied from community to community. Programs ranged from a day camp in the center of Indianapolis to a series of Saturday meetings in Heltonville, from a mother-and-children day camp in Blackford County to a 4-H Club in Wayne County. More than 60 children became nutrition conscious at a 3-day overnighter at the Red Cedar 4-H Camp in Allen County.

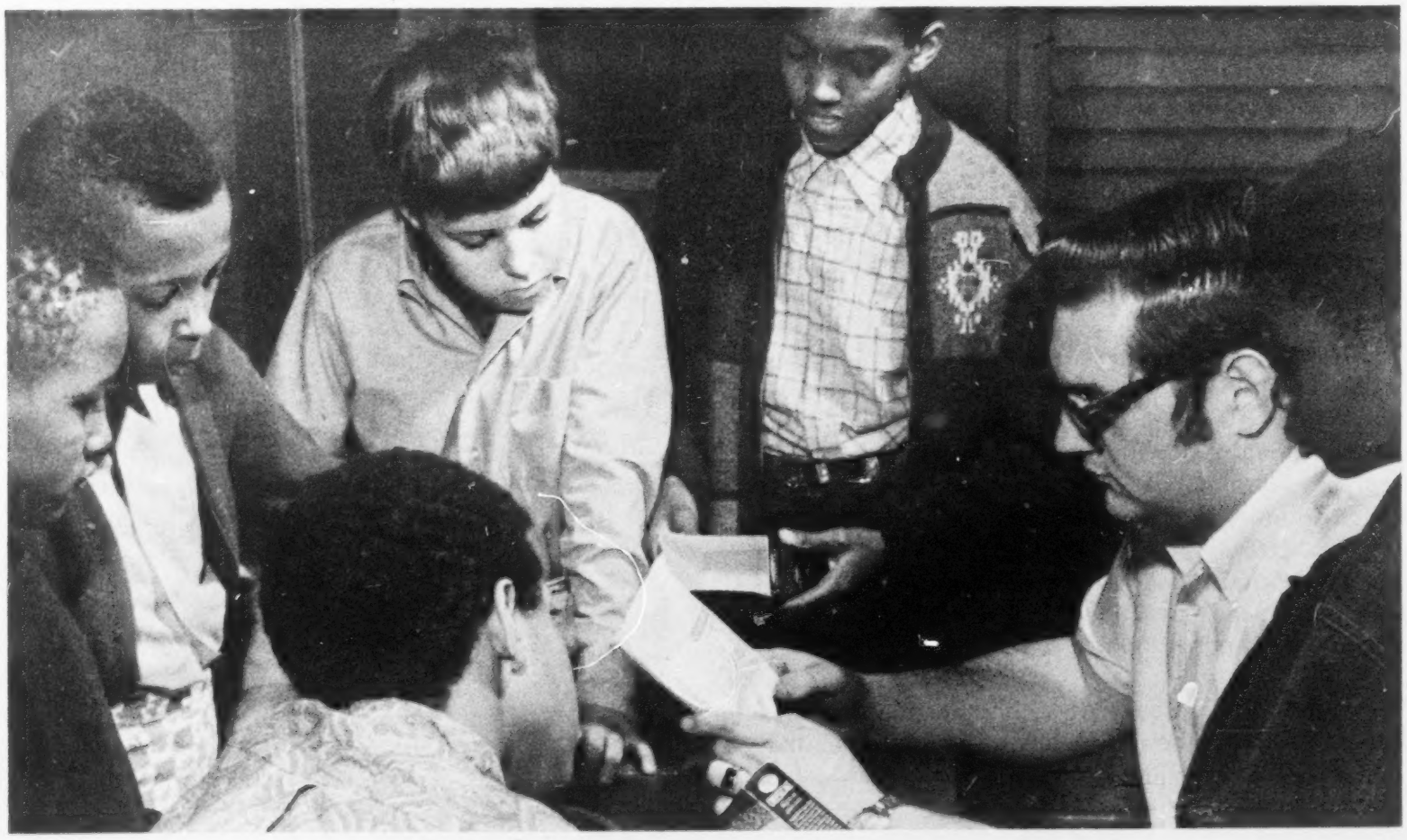
Youngsters from 5-to-15 years old learned while doing as they prepared lunches and made their own snacks. Their leaders combined instruction with activity, teaching children the nutritional value of the prepared food. The Special Food Service Program for Children and commodity foods helped stretch the food supply to reach more children.

But not all the activity was confined to the kitchen —or the campfire. Campers enjoyed arts and crafts, nature hikes, gardening, and 4-H projects such as health and personality. Many of the activities were related to nutrition, while others were included at the requests of the children. (One group even asked for—and received—a lesson in Judo!)

Leaders differed with communities. County Extension Agents, Expanded Nutrition program assistants, work-study students, 4-H Junior Leaders, Neighborhood Youth Corps participants, and volunteers met with the children. Some acted as counselors, some as cooks, some as instructors.

Meeting places may win the prize for diversity. County and State Fairgrounds, the State 4-H Leadership Center, city parks, church grounds, and schools became sites for nutrition education. Groups also met at neighborhood centers, housing project meeting rooms, firehouses, and even a renovated box car.

Community involvement was widespread. Churches and schools offered their buildings in some cities. The Salvation Army and YWCA shared program responsibilities. Welfare and school personnel aided in recruitment. Civic groups added to budgets, offered volunteer help, and provided transportation. Extension could not have had an impact without such cooperation.



AREA I

Jefferson County

In Jefferson County Lonnie Mason and Ethelynn James made an effort to include boys and girls from different income and cultural levels in 4-H. Every fourth, fifth and sixth grade child in the county was invited to participate in this program. After the interested children were identified, a map showing geographic locations and income differences was plotted; most of the children fell into geographic areas. A volunteer leader was found in each area to work with the boys and girls. The leaders came from within the area and were usually a parent of one of the youth.

Foods and nutrition, health, and personality improvement were selected as projects. These projects best fit the needs and the limited resources of the boys and girls.

Seven clubs in Madison and one rural club fell into the low income category. The clubs ranged from 8 to 15 members. These youngsters had an option to exhibit at the fair, but it was not required.

Twenty-five of the 4-H'ers went to 4-H camp on scholarships sponsored by the Optimist Club in Madison.

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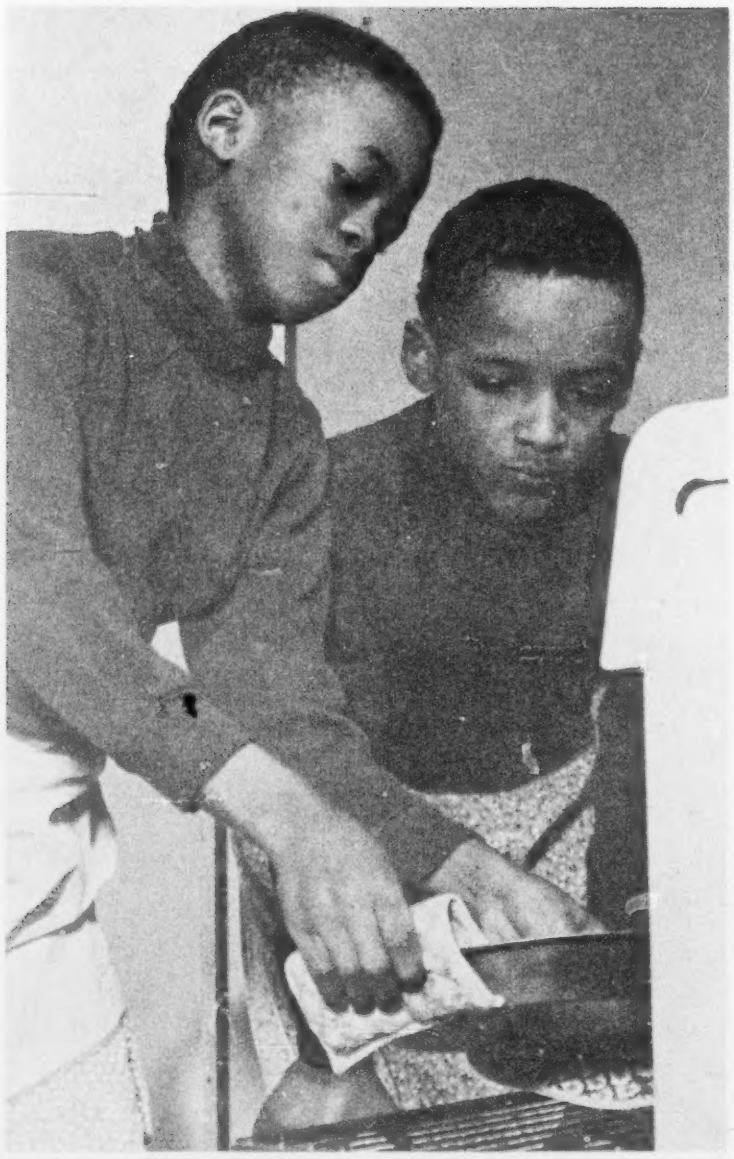
AREA II

Crawford County

A 4-H gardening project was started 2 years ago by a Food and Nutrition program assistant in a rural low-income area in Johnson township, Crawford County. Boys and girls taking part in the project were from families receiving commodity foods, and many of them came from small farms. The fathers worked in factories located about 30 or 40 miles away. Each family had one automobile for father to go to work and was left without transportation during the week. The nearest grocery stores were about 20 miles away.

Produce from the garden helped enrich the family's diet and supplement the food budget. In the gardening project each 4-H'er was required to take part in planting and tending the family garden.

The Area Youth Agent, John Sieberns, met with the clubs and assisted with a garden tour in June. In August a community vegetable exhibit was held. At this exhibit each boy and girl received a ribbon for his work.



In addition, cooking classes met once a week. Boys and girls from 5 to 15 years old met in small groups, organized so 10 youth of similar age and maturity levels met together. Leaders found it was better to separate boys and girls in the cooking classes. A copy of the recipe was given to each youngster. Using commodity foods, each child helped prepare the dish. After the food was cooked, the group enjoyed eating it while they learned about its nutritional benefits. Children were encouraged to take their recipe home and try it out there. An important part of the lesson was to help clean up.

In 1969, 20 children participated in the gardening and cooking project in Johnson township. The next summer 6 groups met, enrolling 40 youngsters from three townships, Johnson, Patoka and Sterling. There were almost no community organizations in this isolated rural area. A Mothers' Club, organized by the Lincoln-Hills Community Action Program, helped with the clubs. The transportation they helped to provide was vital to the program.

Once a month all the children participated in "Fun Day". The county 4-H Junior Leaders helped supervise recreation and serve refreshments. Mothers were encouraged to participate and some came to help.

Clark County

The purpose of 4-H work with low-income boys and girls in Jeffersonville was to provide practical and realistic learning experiences. Agents, Wayne Williams and Sunnye Carroll, contacted different school systems to locate eligible children. Two schools provided meeting rooms for the summer activities, and in the third area, a community room in a housing unit was used.

This past summer, two work-study students and a Neighborhood Youth Corps student were employed to serve as leaders of the 4-H groups. Nutrition education was taught in once-a-week group meetings of about 10 boys and girls each. 4-H activities consisted of sewing, foods, crafts, home furnishings, health, personality, woodworking, electricity, wildlife and other conservation projects. Some of the youngsters exhibited their projects at the county fair, but this was not a requirement.

Woodworking was one of the most popular activities with the boys. Book ends and bird houses materialized from scraps of wood as the boys pounded and painted, sanded and varnished. One bird house designer added a personal touch—''WELCOME'' over the bird house door.

Participation in this program has doubled each year for three years. Last summer (1970) 150 boys and girls participated in the program. Funds to support this work came from such sources as the Kiwanis Club, County 4-H appropriations, and Junior Leaders. The school system provided facilities and equipment used in the small group meetings.

Floyd County

A Project 34 program assistant in New Albany organized a 4-H Club with the help of Area Agent Mary Green. Low-income children from families in the Food and Nutrition program. This 4-H Club, ''Clover Girls,'' was organized in the same manner as regular 4-H Clubs. For example, the girls from this club prepared exhibits and presented them at the Fair. The program assistant, Mrs. McCaffrey, reported that she plans to organize another Project 34 youth group, and leadership of the ''Clover Girls'' will be in the hands of 3 mothers who have been trained to work with the group.

A 2-day camp at the Fairgrounds taught girls more about nutrition and the basic four food groups as they prepared camp meals.

AREA III

Vanderburgh County

An informal educational atmosphere was provided in 4 target low-income areas of Evansville by 6 work-study students and two apprentice agents. Area Extension Youth Agents, Janice Breiner and Eugene Morris, and Lillian Staub, Food and Nutrition Agent were the key people in planning and organizing the program.

The general objectives of the program were to reach the youth with program continuity and to provide a ''fun'' atmosphere where the boys and girls could see, smell, touch, and taste different foods. Further objectives were to introduce food products in various forms and to teach food preparation and use of equipment. Leaders also emphasized that a balanced diet is easy to obtain by eating a variety of foods. Supplies for these educational activities were provided through commodity foods and the Special Food Service Program for Children.

That the children were interested in new experiences with foods was evident. One work-study leader told of her success in capturing attention: ''Mike was sure he had to be home in time to see a favorite T.V. show. 'Be sure to tell me when it's 3:30; I can't miss my show,' he said. The time came. I told Mike. He said, 'I'd rather stay here—I'm gonna finish my drawing for the Community Fair'.''

It was also evident that the children learned from these experiences. ''Debbie knew we had planned to make biscuits from scratch, but she bought some refrigerator biscuits, too,'' a work-study leader said. ''She wanted to discover the differences. She compared the products and declared the scratch biscuits 'better tastin' and the packaged biscuits 'better fixin'.''

Community groups, recognizing the value of such experiences, had given their support since the initiation of the program in 1968. Groups such as the Evansville Community Action Program, Neighborhood Service Centers, the Federal Housing Project and the City Recreation Commission have helped by providing facilities and assistance in making 4-H programs known and available to youth. Additional church groups, boys' clubs, and lodges were involved in the program in 1970.

In 1968, agents were able to organize 3 groups involving 35 young people. Last summer, there were 72 clubs involving 319 boys and girls in 4-H learning experiences.

The goal for 1971 is to expand the numbers reached both in groups and on an individual basis. This will be accomplished through the working relations developed with the community organizations and leaders and by employing an increased number of work-study and Neighborhood Youth Corps students.

Knox County

Sixty disadvantaged young people received training in the basic 4 food groups and achieved a sense of belonging in the Knox County program. Agent Marjorie Dierdorf, working with a summer apprentice, spent 2 afternoons a week working on both 4-H projects and the foods program. The children received individual help from the agent. Classes included the basic 4 food groups with instruction in preparation of breakfast, lunch, supper, and nutritious snacks.

The group made posters and mobiles and made use of the Good Nutrition Coloring Book. Each meal was studied, prepared and served. The classes were highlighted by a picnic. Cleanliness was a major part of the program.

Twenty of the participants completed the series, and the group presented a local exhibit of the regular 4-H projects. Some also entered their projects in the county fair.

Funds to support the project came from donations by interested persons, Homemakers clubs, and the Food and Nutrition program. Based on the success of the program with the 10-14 age group, plans are being made to expand the program for the 6-10 age group.

Dubois County

A rural program carried on by the food assistants reached 56 youth of various ages. During each monthly meeting, a snack from each of the food groups was prepared. Craft activities and vacation events were also a part of the program. Several nuns from the school assisted in crafts work. Since the Dubois program is rural, it is handled by the assistants and operates somewhat differently from its urban counterparts.

AREA IV

Lawrence County

The "Groove In" was held on 6 different Saturday afternoons in Heltonville. The primary purpose was to initiate 4-H work and to help youngsters learn in fun-type activities. Agent Ed Russell asked the youngsters what they would like to learn at the "Groove In." In response to requests, recreation, crafts, self defense, outdoor cookery and dog obedience classes were conducted. Each boy and girl participating in the "Groove In" paid 25¢ to help off-set expenses.

In the self defense session, the youngsters wanted to learn judo. Russell contacted a fellow who volunteered to teach the children judo. The judo class met the first Saturday with 27 children and 9 curious adults. "The first rule of self defense is, when possible, run," the judo expert said to open the session. And with that, parents' minds were put at ease. The agent involved these adults and used their help in the remaining meetings.

Prior to this program, there was very little interest in 4-H from the Heltonville area. Since then, 4-H enrollment has increased considerably. Many of the participants in the "Groove In" attended 4-H camp this past summer.

Another experimental youth activity was a "mini" 4-H club for youngsters under 9 years of age. The major focus in this club was on food and nutrition training. Food supplies were obtained through the Special Food Service Program for Children. A volunteer leader helped organize and carry out the once-a-week activities, and additional youth leadership was used to carry out the activities of crafts, foods, and recreation.

Monroe County

A Project 34 Summer Agent employed in Bloomington worked with the Monroe County Ecumenical Church Council to start a youth program in the "Box Car" area of Bloomington.

The "Box Car," an old railroad car, was converted into two rooms—one for arts and crafts, and the other, for cooking. Volunteers supplied most of the furnishings.

Arts and crafts and recreational activities were presented by the Ecumenical Church Council staff, while Extension provided a lunch and snack three days each week through the Special Food Service Program for Children.

A nutritional approach was also used in the craft projects. Articles made included food notebooks, aprons, potholders, dish towels, and food storage containers. As the summer progressed, the children were given increased responsibilities and training. Small group shopping tours were also included.

At first, total youth participation was minimal, but by the end of the summer, nearly 150 low income children ranging from ages 4 to 15 (average age of 8) were enrolled with an average attendance of about 30 each day.

Louis White, Area Agent Youth, states that future possibilities and proposals include: continuing the "Box Car" program (with more help and greater preparation), and to employ a half-time aide to work year around with families within the "Box Car" area.

AREA V

Clay County

4-H learning experiences were provided children from welfare families in the Jackson School area of Brazil. The school system provided meeting facilities for a series of weekly meetings throughout the summer. The main purpose of this effort was to introduce 4-H training in foods, arts and crafts, and recreation in a neighborhood where there was no 4-H enrollment.

The organizational work was carried out by the Area Youth Agent Owen McCain. Leadership for the program was volunteer. One work-study student worked with the leaders almost full time. A volunteer leader, who was a retired dietician, taught foods and nutrition.

A resourceful leader was able to provide a variety of foods and nutrition experiences—even though the stove she had counted on had been removed from the school kitchen at the last minute. Stove or no stove, the children cooked, using no-cook recipes or foods pre-cooked at home.

A notable postscript: Although she was very relieved to have the summer end, one volunteer couldn't put these children out of her mind. She came back to Owen McCain and offered to be coordinator of the continuing program. The group is being maintained by activities such as a Halloween party; meanwhile, volunteer leaders and supplies are being secured for next summer.

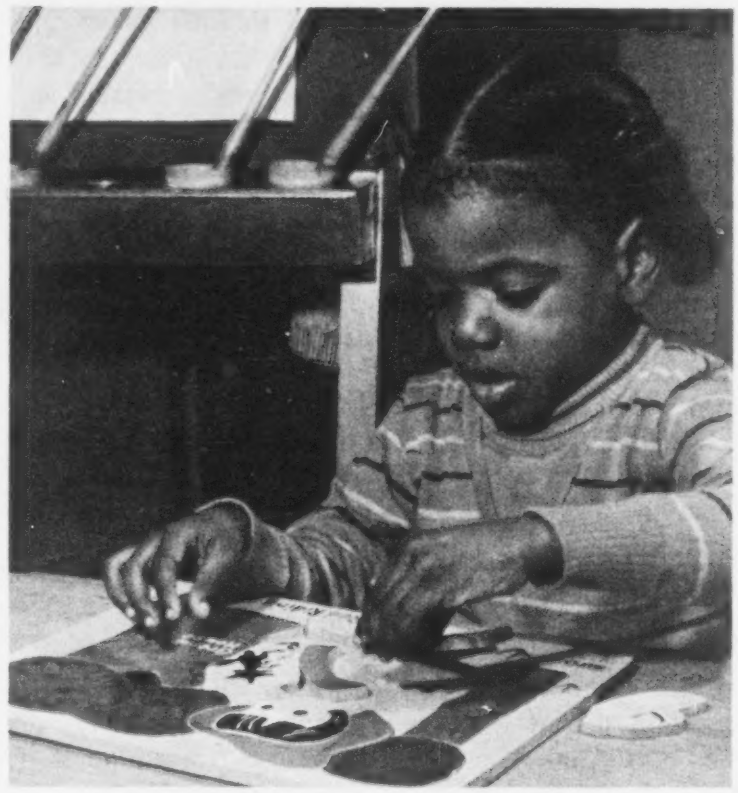
Vigo County

In Vigo County, a work-study student, 2 paid leaders, and volunteers carried out youth programs in two rural centers and eight urban centers. Meeting places included neighborhood centers, churches, homes, and fire houses.

The leaders met once a week with small groups of 8 to 12 children. The program assistants worked with leaders to organize group activities, which included food and nutrition training and gardening. Seeds were donated by local businesses.

Two-day camps at the Vigo County Fairgrounds involved 110 children. There were 50 children participating in the first group and 60 in the second group. Transportation for the children was provided by private individuals. 4-H Junior Leaders were given training prior to counseling at the day camp.

Agents Dick Biggs and Amy Fish expressed the opinion that neighborhood parent advisory groups should be used to reach more youth and to plan programs and activities.



AREA VI

Marion County

"The Happening," an innovative pilot project, was a day camp initiated in 1968 at the Indiana State Fairgrounds. Since "Happening 68", a 1 week program, it has grown to a 9 week mobilized program.

"The Happening" was a day camping experience for disadvantaged inner-city youngsters 9-13 years old. The over-all objective of the camp was to meet the needs of the campers using unique outdoor learning experiences. Camp counselors made each experience meaningful.

The program was designed to meet the needs of the campers in personal development. The camp used out-of-door learning experiences such as a railroad hike that stressed geology and an alley hike that pointed out ecology and plant life. All of the activities were related to the neighborhoods where the boys and girls lived.

In 1970, "The Happening" program extended over a 9 week period—5 week-long sessions at the Indiana State Fairgrounds; 1 week at Thatcher Park (Indianapolis west side); 1 week at Irvington Area (Indianapolis east side); 1 week at Garfield Park (Indianapolis south side) and 1 week at Monument Circle (center of Indianapolis). The camp at Monument Circle was somewhat different than the other 8 sessions. The camp utilized the resources available downtown, while stressing the out of doors and the development of the boys and girls in their surroundings.

The 9 week program required an intensive effort on the part of Agents Al Pell, Mike Whister and Margaret Pettet, who coordinated the camp program and staff. The high quality staff, one of the major factors in the success of the camp, consisted of mature Junior Leaders, work study college students, and non work study college students, all with varying backgrounds.

The supervisor of Project 34 and the food and nutrition program assistants helped to plan the lunches and recruit boys and girls to attend camp.

Each counselor was responsible for his group, which usually consisted of 11-13 boys and girls, for the entire day. The groups of campers were given food and nutrition experience as they prepared their own lunches. The counselors emphasized the nutritional value and encouraged children to cook at home. The campers also participated in arts and crafts, recreational activities, and various hikes.

Financial resources for the camps came from endowments made by business and industry. Commodity foods helped to cut operation costs.

Indianapolis

Inner-City 4-H programs have become a reality in Indianapolis. Programs are conducted in cooperation with other agencies, churches, and schools. Area agents Joe Finnell and Linda Evans spent nearly full-time coordinating inner-city youth programs. They met with groups throughout the year to develop programs, secure leaders, and locate facilities.

Some of the projects in which children participated included: educational and recreational trips, dramatics, arts and crafts, nature study, sewing, cooking, horticulture, home grounds improvement, personality. and home furnishings, to name only a few. These projects, for the most part, were not forced on individuals but pursued on the basis of need and interest of those involved.

Foods and nutrition was used to supplement the previously mentioned projects, mainly because there is a need for a variety of training with some of the youngsters in the urban program. The intent was not to provide this subject matter entirely and neglect other subject matters, but rather to make foods and nutrition an integral part of the total program. This, of course, did not prevent anyone to concentrate his effort in the area of foods and nutrition.

The regular 4-H program for urban youth has begun to establish itself in many of the areas in the inner city. Agents employ a large staff of work study personnel (8), Neighborhood Youth Corps workers (2), college (10) and high school students (6), and use volunteer assistance during the summer months to a large degree.

Frequency of meetings is left up to the leader, his group, and the facility that is available to him; therefore, a wide range of meeting times does exist.

Since the beginning of this program, community involvement has shown definite signs of developing. This has been indicated in several ways: donation of funds for work study students, use of physical facilities, development of neighborhood programs using the Cooperative Extension office only as a

resource, and general contribution of individuals to assist. These are some of the more evident signs of the potential that is present. We expect this urban program to mushroom.

An Ecumenical 4-H program was started in Indianapolis. This is the first one in the nation. Seven different churches banded together to sponsor a 12-week 4-H program, day camping, Christian education, planned tours, and junior high activities. No one church could provide so much activity and so many learning experiences without outside help. Four work study students supervised the program with the help of volunteer leaders from the community. Approval, money, and equipment came through the Mayor's Office and the Park Department.

Churches are an integral part of the Marion County 4-H Program. They provide the facilities and often the leadership for community 4-H programs. One church sponsors a paid supervisor who organizes the activities and guides the volunteer leaders. Nutrition is a major thrust. Boys as well as girls request cooking projects and are being taught nutrition principles.

AREA VII

Blackford County

Mothers and children from low-income areas throughout Blackford County participated in a 5-day day camp at the County 4-H Fairgrounds. Area Extension Agent, Dan James, and a paid County 4-H Leader organized the camp to develop parent and child interest in similar learning experiences. The 75 campers (numbers increased from Monday through Friday) were young mothers and their children who ranged in age from 2 to 12 years. Welfare, Community Action, and Head-Start groups helped recruit and transport the campers. The camp staff consisted of 2 work-study students, 5 adult volunteers (4-H leaders and Home Economics Club members), and 14 4-H Junior Leaders.

The primary focus of the program activities was on food and nutrition. A variety of craft and recreational activities were included for the children.

Work-study students helped coordinate camp activities, while Junior Leaders served as counselors. The children were divided into small groups of similar age and maturity levels. The adult leaders worked with the mothers to prepare the noon lunch and help teach the mothers about foods, food preparation, food sanitation and meal planning.

Prior to the camp, the Junior Leaders attended a training session. The work-study students helped with this training; the agents provided a great deal of counseling and training for the adult volunteers without holding a special workshop. In addition, resource people from the county, including county officials, helped to train the mothers.

Food supplies for teaching and demonstrational purposes, as well as for the noon lunch, were secured from 3 different sources. Commodity foods and the Special Food Service Program for Children were a partial source of food supplies. In addition, local businesses donated the kinds and quantities of foods needed to make attractive, nutritious lunches.

Franklin County

Plans are underway for the 1971 program in small, rural towns within Franklin County. Present planning

calls for work-study students and/or an apprentice agent to conduct the program. Day camping-type programs may enrich present opportunities within each community. Junior Leaders will supplement the program and offer additional personnel. Plans are also being made for a follow-up program.

Wayne County

The work within the low income areas in Wayne County has been organized on a club basis. Participating low income youth have enrolled in 4-H Clubs. Clubs.

New clubs have been organized in 3 elementary schools in Richmond. The principals and instructional staff have been supportive. Two of the clubs are being led by new local volunteer leaders. One club of 35-40 members is taking health, home furnishings, foods, and personality. The group is enrolled as a club in the health project and is studying drugs. The second club is enrolled in electricity, foods, home furnishings, personality, health 1, woodworking, wildlife, and crafts.

The third club has interested members but no adult leader can be located. Glen Young, Area Agent, worked directly with the club until a work-study student was hired for the summer. Young feels the club needs consistent leadership on a year-around basis. When the leadership changes many of the youngsters become insecure and lose interest.

Local leaders have become increasingly conscious of low-income youngsters. About 50 youngsters have been incorporated into the various suburban 4-H Clubs.

Plans are in progress to increase enrollment and quality experiences in 1971.

Fayette County

The low income food and nutrition program for youth started in August in Frazee Center. The youth were all low income girls—14 were initially involved with an expansion to 18. Most of the youth were girls of non-program (project 34 adult program) families. However, the interest of the youngsters encouraged many of their mothers to participate in the program.

Frazee Center is a community center located behind Frazee School and was donated to the black community by a local citizen a few years ago. The center is clean, has a kitchen and is suited to nutrition lessons.

The program leader was a volunteer, who is employed by the Fayette County office. Presently, she is working with a paraprofessional who plans to continue the program in 1970-71. Present plans call for a year-around program.

The leader in charge must transport some of the children 8 miles (round trip) to enable them to participate. Additional community centers or potential meeting places were not available and parents were reluctant to let the children out at night due to recent community disturbances.

Both the volunteer leader for 1970 and the leader for 1971 were trained by Mrs. Katheryn Weinhold.

AREA VIII

Grant County

The "Marion School Open Doors Program" in the Marion School system provided ready access for Extension programs to reach youth through school facilities in low income areas. Programs were conducted in 5 different elementary schools involving 500 children (ages ranged from 5 to 12 years old) from the inner-city of Marion. Area agents Bob Ritchie and Linda Garringer were involved in planning, organizing and executing this program. They were fortunate to have developed a cooperative relationship with school personnel, who enriched the summer learning experiences.

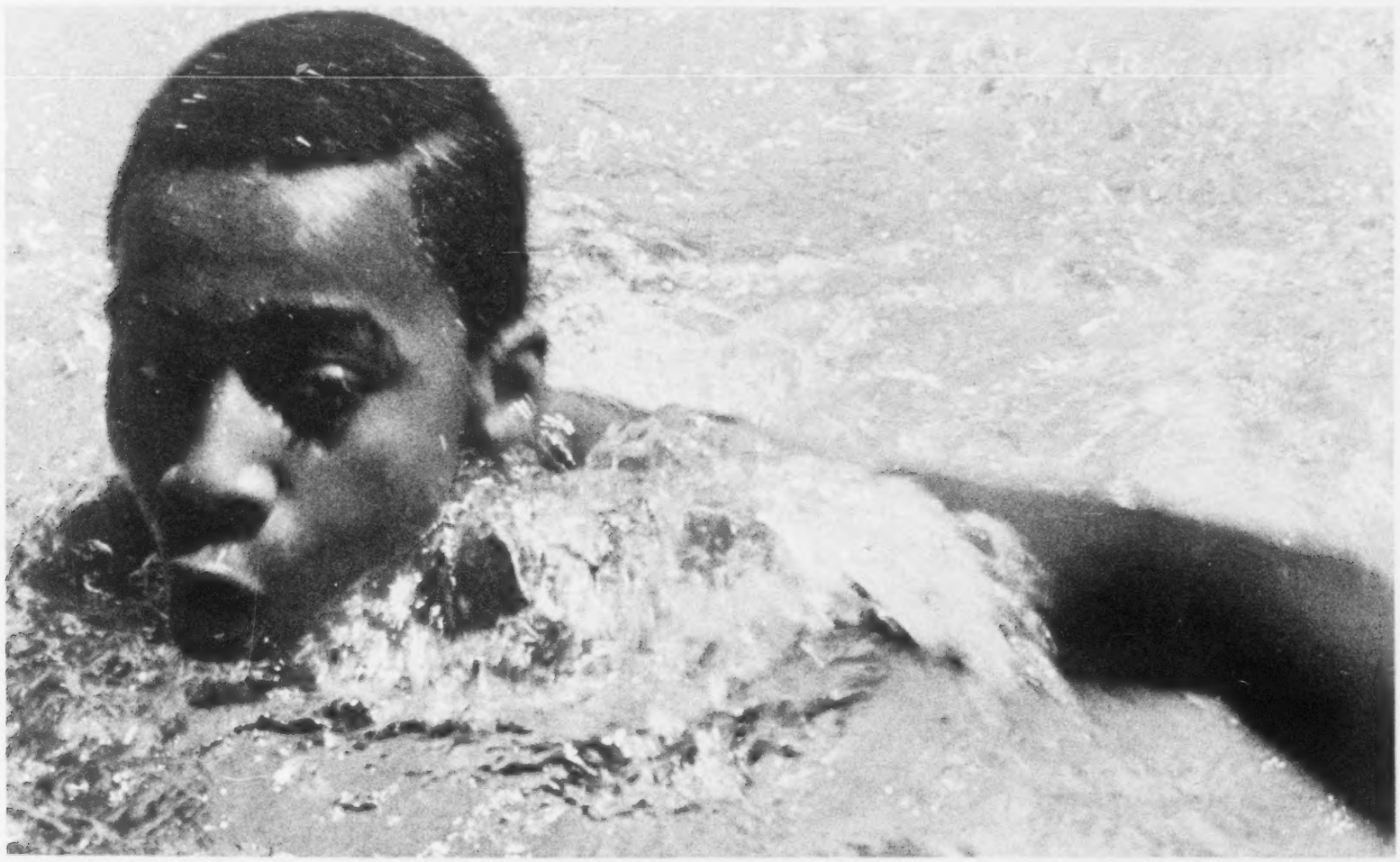
An elementary school principal was employed with Expanded Foods and Nutrition Program funds to coordinate the summer activities conducted in the schools. He gave strength and continuity to the program. His staff consisted of 2 work-study students, 5 program assistants, 5 adult volunteers from the communities, and 37 Junior Leaders. The Junior leaders were taken through 3 training sessions to prepare them for their work with children in the inner-city.

Program assistants spent one day a week in schools in the neighborhoods where they worked with program families. This provided program assistants an opportunity to work with the total family in nutrition educational efforts. The children were required to participate in a nutrition lesson taught by the program assistant to receive a snack. These lessons were presented so that they were enjoyable, useful learning experiences. Many of the children also participated in arts and crafts, clothing, and recreational activities.

One of the featured activities was a trip to the swimming pool in a new high school. The children learned about the facility and its availability to them. The youngsters demonstrated a variety of talents, and 5 different groups from the inner-city area entered the talent contest at the County Fair. One group won second place.

At the conclusion of the summer program, the children enjoyed a gala picnic at the County Fairgrounds. Local businesses donated wieners, buns, ice cream, soft drinks and paper supplies for the 4-H picnic.

The school principal who served as the 4-H Coordinator said program activities were more interesting and worthwhile for the inner-city boys and girls than some of the former school summer programs.



AREA IX

H. E. P. Camp

The Area IX H.E.P. (Healthy Eating Power) Camp originated from a Youth Nutrition Committee consisting of a County Extension Agent, a Family Living Agent, 3 Youth Agents, and a Community Development Agent from the area. Area Agent Fred Lloyd coordinated the planning for H.E.P. Camp.

H.E.P. Camp, held at the 4-H Center in August, centered around swimming, recreation, crafts, skits and stunts, and vespers. Taught by Extension personnel and nutrition program assistants, nutrition lessons were also an important part of the camping activities.

The campers were recruited by various means. In the counties that did not have active nutrition programs, the youth agents worked through the welfare agencies, CAP coordinators, school superintendents and township trustees. In the counties participating in Project 34, the youth came from program families. The camp was jointly financed by the counties and Project 34 funds.

The 148 campers and 16 counselors provided a ratio of 1 counselor to 9 campers. Camp counselors included Area Extension Agents, program assistants, Junior Leaders, older youth from the Project 34 program, and other volunteers. Some of the 4-H Center staff assisted with crafts and vespers.

Meeting youth from other places, learning to work as a group, learning about good food habits, seeing and eating a colorful, balanced meal, and learning to cooperate with others were just a few experiences that the youth encountered in this camp.

Jasper County

Migrant families in Jasper County received assistance in two different villages—Gehrings and Overmeyers. Family Living Agent, Joan Plunkett, 3 program assistants, Youth Agent, Paul Friend, and a work-study student were primarily responsible for working with the youth in these villages.

At Gehrings, about 40 boys and girls enrolled in the program during the spring and summer months. Gehrings also hired a local woman to work with all the people in the village. She became the link between Extension and the villagers. Gehring Inc. furnished a building with a refrigerator, stove, tables, sink, heater, and bathroom facilities. This building, designated as the 4-H Building, was used for 4-H meetings. Projects included foods, clothing, and electricity. Ten boys and five girls from the Village completed projects and exhibited them at the county fair.

1970 was the first year Extension personnel worked in the Overmeyer village. Organization of the projects was carried on by Joan Plunkett, Family Living agent, a local volunteer, and the high school superintendent. Besides developing a program, these people are trying to obtain better facilities for group meetings.

Twenty-five boys and girls learned through 4-H projects. For the children, as well as adults, the program on food and nutrition helped them learn the 4 food groups, nutritional value of foods used, and planning a balanced meal.

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AREA X

Elkhart County

Project Discovery, an August day camp, was organized and coordinated by Area Extension Agent Karen Honderich. Staff who helped conduct this two week camp included an apprentice agent, 4 adult volunteers, and many Junior Leader volunteers. Junior Leaders who volunteered as camp counselors were given training prior to the camp leadership experience.

Thirty boys and girls participated in the first week of camp. As the word spread, the camp was filled to capacity, with 50 youngsters involved the second week. Because of the limited number of volunteers, it was necessary to limit the number of campers, and consequently, some boys and girls had to be turned away the second week.

A variety of enjoyable, useful experiences was provided the campers. The campers helped prepare meat loaf, Jello, and cookies as a part of their learning experiences in foods lessons. They were thrilled with rides in an Amish buggy and in a siren-blowing police car. Other activites included fishing and a chance to look at and touch farm animals.

Lake County

A 6-week day camp program at the Lake County Fairgrounds reached children from low-income areas throughout the county. Campers came from Gary, Hammond, East Chicago, Lake Ridge, Hobart, and the southern rural section of Lake County. Extension agents Larry Beall, Dick Becker and Helen Lindeman utilized the working relationships they had developed with leaders and agency people located in these communities. These leaders supported the program by identifying and recruiting campers, supporting bus transportation, and informing the children about the transportation schedule.

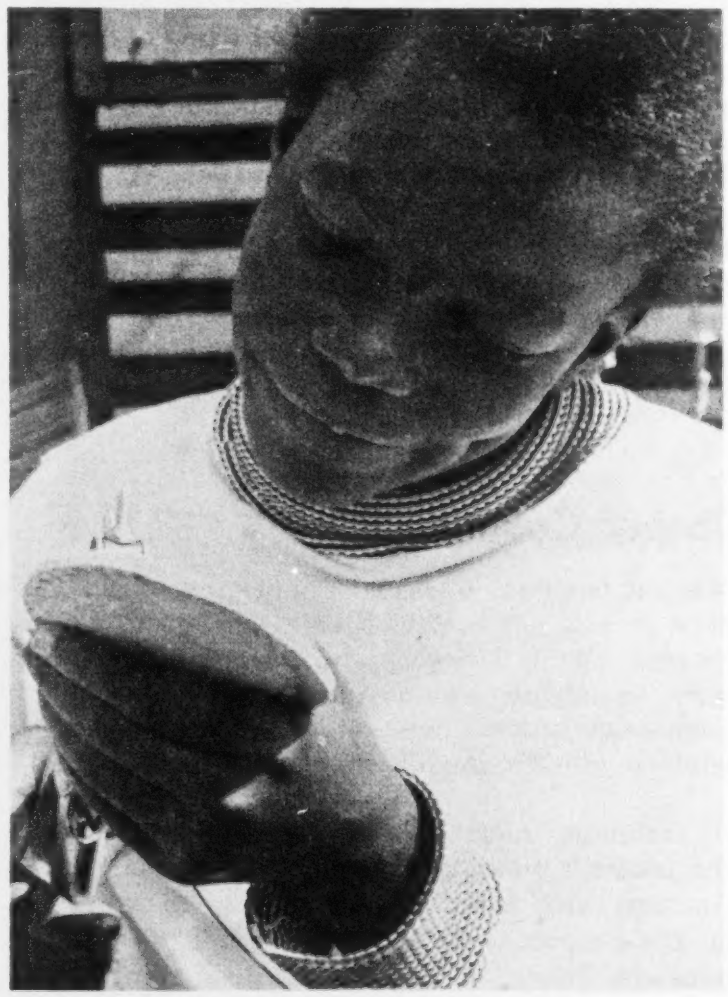
Staff for the camp included work-study students, Neighborhood Youth Corps students, and volunteer college students. An intensive training period was arranged for the work-study students prior the camp. The supervising home economist helped train counselors in basic food and nutrition subject matter so that the counselors could teach the campers about foods at meal time.

The noon lunches and snacks were prepared by 2 ladies who served as cooks for the camp. These ladies had worked as school cooks and were given additional training on meal planning and food preparation by the supervising home economist in foods and nutrition.

Valuable and enjoyable learning experiences were provided for approximately 600 campers. In addition to training in foods and nutrition, the campers participated in arts and crafts, nature studies, and recreational activities.

Following the program at the Fairgrounds, a 2-week day camp in East Chicago provided positive experiences for approximately 60 boys and girls the first week and 70 the second week. In cooperation with a church in the Gary Tolleston area, a day camp program was organized with approximately 50 children participating. In addition to the above day camps there were many one-day and one-half day recreation, arts and craft programs conducted in housing developments, community centers, and parks in Gary, East Chicago, and Hammond.

Program assistants were a great boon to the program. Many of the Food and Nutrition program assistants employed in the inner-city areas of Lake



County have served as volunteer 4-H leaders prior to their employment. These ladies have used the "total family approach" in their efforts to reach families with food and nutrition information and training. They helped to recruit volunteers to work with adult and youth groups, serve as a constant stimulation for program activities such as sewing, crafts, recreation, and enrich these programs with food and nutrition subject matter. They have developed working relationships with the schools and directors of the neighborhood centers. These places provided the assistants access to meeting facilities as well as supplies and equipment needed to conduct their educational program.

St. Joseph County (South Bend)

Area Extension Agents Dixie Hesler, Bessie Woolridge, and Jan Masteryanni in St. Joseph County initiated 2 programs with low income families to teach foods and nutrition subject matter.

A gardening project was developed and conducted in cooperation with the parents and children in a "low-middle-class" neighborhood. City land in the neighborhood had been cleared by the city and was setting idle. Through the cooperative efforts of agents and city officials, permission was granted for the families to use the newly cleared land for gardening. The gardening project provided a satisfying and successful learning experience for the children.

This was a beneficial program for many families, for many of the fathers were temporarily laid off work after the gardens were planted. It was reported that the families felt relieved to know their gardens were growing food which they could not afford to buy.

Another cooperative effort gave program assistants an opportunity to teach foods and nutrition to youth in the YWCA Day Camp. The resources needed to establish and operate the day camp were supplied by the YWCA, while Extension provided a part of the educational program focused on foods and nutrition. Program assistants also worked with meal planning for the evening meal at the camp-out night. Many youngsters were reached in an enjoyable learning atmosphere by these educational efforts, yet there was not an extensive amount of Extension resources required for organizing and operating a camp.

AREA XI

Allen County

The camping program at the Red Cedar 4-H Camp continued for 3 weeks. Each 3-day session provided an enjoyable experience for boys and girls. They especially enjoyed sleeping in tents the second evening of the session. City buses transported each group of campers from the Fort Wayne area to the camp site.

Camp facilities were donated by the Izaak Walton Conservation League at their primitive site called Red Cedar Camp. Agents Jim Kemp and Dana Walker recruited volunteer counselors and leaders from an ''Up With People'' singing group located in the Fort Wayne area. Each counselor worked with 3 to 5 children.

The campers related well to the youthful volunteers. Many of the long-haired, female singers found their hair to be a real ''in'' with their charges. The campers combed and braided the hair ''500 times a day,'' Kemp said.

But combing hair was hardly the only attraction of the camp. Other activities, including foods and nutrition, nature studies, crafts, and recreation were designed to fit the rustic, informal atmosphere of the camp.

Camp participants came from various areas of inner-city Fort Wayne. Many of the participants were from the Food and Nutrition program families. Some were experiencing their first camp-out, while others were spending their summer going from one camp to another.

Huntington County

Agent Larry Tyler along with an apprentice agent worked with the Salvation Army and social workers to develop and organize inner-city food and nutrition programs in Huntington. Four groups were organized to meet once a week throughout the summer. Two of the groups were organized by the Salvation Army and two groups were a general 4-H type.

The apprentice agent taught basic nutrition to the groups organized by the Salvation Army and the Welfare Service, and in addition, one of the local 4-H clubs. The agent presented practical information, and the youngsters gained experience by preparing simple, economical foods. There were also tours and visits to food related businesses.

The agent also conducted 2 classes each day in the Jefferson Township School. The classes were held the last 2 weeks in August for Mexican migrant youth living in the county.

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